

"Anger and Forgiveness"

Ephesians 4:26-27; 2 Corinthians 2:5-11

Principle: Anger is God's way of setting limits (boundaries).

Principle: Satan is trying to destroy the image of God in us.

"My people have lost their ability to blush." Jeremiah 8:12

"You that love the Lord – hate evil." Psalms 97:10

"Starting a quarrel is like breaching a dam; so drop the matter before a dispute breaks out." Proverbs 17:14

How can I let go of my anger?

1. I must admit I need help and be willing to be helped.
2. I must confess my sin of unrighteous anger.
3. I must be filled with God's Holy Spirit.
4. I must go to the one I am angry with and ask forgiveness.

How do you know if you are not letting go of your anger?

1. Resentment
2. Revenge
3. Reminders
4. Reaction
5. Resolutions

What forgiveness is not:

1. Does not mean the offender has not sinned.
2. Does not mean that you make excuses for the offender.
3. Does not mean that you pretend that sin doesn't hurt.
4. Does not mean the other person has acknowledged their sin.

"For the Kingdom of God is not a matter of eating and drinking, but of righteousness, peace and joy in the Holy Spirit." Romans 14:17

How can I forgive?

1. Remember how much God has forgiven you
2. Reveal your anger to God
3. Release your right for revenge
4. Request God to heal you

"God heals the brokenhearted, He binds up their wounds." Psalms 147:3

“Then Jesus said to them again, ‘Peace to you; just as the Father has sent me forth, so I am sending you.’ And having said, this, He breathed on them and said to them, ‘Receive (admit) the Holy Spirit! (Now having received the Holy Spirit, and being led and directed by Him) if you forgive the sins of anyone, they are forgiven; if you retain the sins of anyone, they are retained.’” John 20:21-23

“When I genuinely forgive, I set a prisoner free and discover that the prisoner I set free was me.”
Lewis Smedes